



Uptown Social

ENGAGE SHEBOYGAN

March 2024



MONDAY-THURSDAY 7:30AM TO 4:00PM

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

www.uptownsocial.org

CONTACT US AT

(920) 459-3290

uptownsocal@sheboyganwi.gov

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Vicky Meyer | Cafe Coordinator



We are Dementia-Friendly. This means the staff have been trained to recognize signs of and help those with dementia, in order to help reduce the stigma and increase the inclusion of those with dementia.

Media Policy

Uptown Social has a very active Facebook page. This is a public organization that serves the general public. We are proud of what we do and want more people to know about it! If you do not want to be in the newsletter, website, or Facebook page, please inform the photographer.

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions. Programs and events are subject to change or cancellation without notice.

Directly from the Director



Hello Friends,

I'm so excited for spring, and I hope you are too! As always, we have lots of new things going on at Uptown Social.

Gym Construction Update:

The City opened bidding for the gymnasium construction last month, and bids were due at the end of the month. By the time you're reading this, we will likely have a signed contract! Once that step in the process is completed, we'll have a more concrete date for completion, but as of right now, we're cautiously optimistic that the gym will be completed this fall in time for the weather to send everyone back indoors. In the meantime, I hope you'll use this time to enjoy the great outdoors and the other offerings we have going on at Uptown Social.

Special Events:

We have a number of exciting special events coming up this month that you'll want to put on your calendars now. On Friday, March 8, we'll have live Irish Music with Liam O'Brien in the hospitality room.

On Thursday, March 14, Vicky and Marilyn will again be serving up Reuben sandwiches! Pre-sale is required, and their sandwiches will definitely sell out again this year, so visit or call the front desk to save your spot and pre-pay for your delicious sandwich! That same day, we'll celebrate Pi Day (3/14)! For those who like to bake, you can sign up to donate a pie at the front desk. And for those who like to eat, we'll have a variety of homemade pies for sale for \$2 a slice. I can't wait!

Travel:

We've had a lot of interest in our 2025 trips since we quietly announced them last month. If you'd like more information, Mayflower representative Judy O'Brien will be on site March 20th at 1pm to talk about our three trips coming up in 2025: the British Isles, Cuba, and the National Parks of the Southwest. Travel Show attendees have the opportunity to ask lots of questions and will receive a special show discount when they sign up within one week of the show!

Spring Break:

Just like last year, we have fun activities planned for every day of spring break along with kid-friendly meals in the cafe. If you'll be spending spring break babysitting grandkids, bring them to Uptown Social! Spring break is March 25-28 and we'll be closed on the 29th for Easter weekend.

Survey:

We want to hear from you! Through the end of March, we will be soliciting feedback through a comprehensive survey. Paper copies are available at our front desk and emails will go out with links to complete the survey online. Thank you in advance for helping us serve you as best as we can!

Emily

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over two years. With a bachelor's degree in Kinesiology and more than nine years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs. Additionally, Josh coordinates all of our additional programming, working with volunteer program leads to secure space, time, and supplies needed for their programs.

Monthly Silver Fitness Award Winner: Bill Horsch

Member of the Month - This member of the month is radio announcer Bill Horsch. Bill is a regular in SilverSneakers Classic. Even on days he cannot make it, his wife Laura and Bill make sure to still get in their chair exercises at home. Congratulations Bill!

Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.

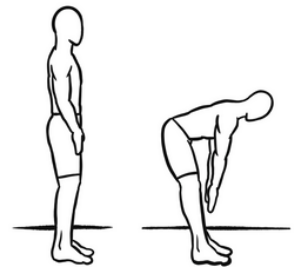
ATI Injury Screenings

ATI Physical Therapy will be doing free 15 minute injury screenings every other Wednesday starting March 13 from 11 a.m. -1 p.m. in the Consultation Room. If you have any aches or pains and want to see them, please schedule an appointment at the front desk.

Exercise of the Month: Hip Hinge

This exercise targets the hips and surrounding muscles. Promoting flexibility and strength in those areas.

1. To start, stand with your feet hip-width apart. Keep your knees slightly bent and your spine neutral. Engage your core muscles and then slowly push your hips back. Remember to keep that back straight and chest lifted.
2. Lower your torso until you feel a comfortable stretch in your hamstrings. Push your hips forward engaging your glutes to come back to the starting position.
3. Lower your torso until you feel a comfortable stretch in your hamstrings. Push your hips forward engaging your glutes to come back to the starting position.



Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness and Tai Chi classes are \$2.00 each for members and \$3.00 each for non-members. A 10-class Yoga Pass is available for \$50.



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Fitness Programs cont.

Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:15 p.m.

It is low impact on the joints and it improves flexibility. Chair yoga improves circulation, and contributes to pain management. It also promotes a sense of well-being. A ten class pass is available for \$40 and is payable directly to the teacher. (There is not chair yoga the fourth Monday of the month.)

Yoga with MaryAnn Dolson

Yoga movements (poses) help to create a better relationship with one's body by increasing strength, stamina, flexibility and balance. Pranayama (breath work) and meditation are integrated into this class. Everyone is welcome and each participant works at his or her own level. This program takes place every Monday and Wednesday at 11 a.m. **Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class. A yoga pass may be purchased for \$50 from the instructor.**

Square Dancing

Come dance with friends or friends to be! Every Wednesday 1:30-3:30 p.m. First hour lessons/workshops. Second hour Dance Mainstream.

Beginning in January, New Dancers Introduction to Square Dance dates: January 3, 10 and 17. Starting January 24, 14 weeks of Mainstream-Square Dancing lessons. By April 24, you should be able to dance at any club. If these dates do not work for you, a new set of lessons should start in May or June of 2024. Experienced dancers are always welcome to dances and are encouraged to "Angel" the first hour at lessons. A great way to brush up and help new dancers. **Cost is \$2.00 per lesson for members and \$3.00 for guests.**



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October at Uptown Social



Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday starting at 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular stretch, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

Silver Sneakers Stability

Primarily a standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants must feel comfortable exercising from a standing position. Classes are held Tuesdays and Thursdays 8-8:45 a.m.

Tai Chi with Jon Doll

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Jon Doll has studied and practiced martial arts, meditation, mindfulness, and yoga for nearly 50 years. The Introduction/Beginning Tai Chi meets every Tuesday and Thursday from 11:30 a.m. to Noon. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 12-12:30 p.m.

Laughter Wellness

Laughter Wellness combines laughter exercises and games with breathing all in the spirit of child-like playfulness. Life is serious. Death is serious. It's time to take Laughter serious. Join Kathy Alby the second Thursday of every month from 1-2 p.m. in the Activity Room. **Classes are \$5 and paid to the instructor before or after class.**

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. . It meets every Monday, Wednesday and Friday from 9-9:45 a.m.

Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

Line Dancing

This dance class is so fun, you won't even know you're exercising! The dances are easy to pick up. This program meets every Tuesday and Thursday from 9-9:45 a.m.

Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations. We focus on areas of concern for each individual and aim to bring about self-awareness through movement. **Classes are \$5 and paid to the instructor before or after class.** We meet on Fridays at 11 a.m. - Noon in the Activity Room.

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Friday from 12:15-1:15 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

Creative Programs

Yarn Makers

Learn the joy of hand spinning fiber with us on Tuesdays from 1:00-3:00 p.m. We create yarn from wool, alpaca, silk, bamboo and any other fibers into simple yarn or designer yarns. No experience necessary. We learn together and have fun working with spinning wheels or drop spindles.

Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1:00-3:00 p.m. in the Creative Studio. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 4 sewing machines for you to use or bring your own machine.

Crafting Hands

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project. Help is always available from our Crafting Hands participants.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1:00 p.m. to enjoy time with others and create some beautiful cards. **Cost is \$2 for materials payable to instructor. Limit 16 attendees. You must call the front desk to register. Registrations start the first of the month and end the Friday prior to class.**

Ceramics

Come and try out ceramics class. Supplies and materials provided. This class will be held on Fridays from 9 a.m. to noon.

Raging Grannies

This social parody singing group is open for everyone! Join in the singing or just come to listen. This group meets the first and last Mondays of the month at 1:30 p.m.

Life in Writing

Interested in writing different stories and sharing them with others? This program meets once per month on the third Tuesday of the month at 1:00 p.m.

Intermediate Art

Join us Tuesday afternoons from 1 to 3 p.m. for art class. Classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance if you need it!

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Creative Programs

Wood Carving

This is an open carve group with experts available for pointers and assistance. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m. to Noon. For new carvers the fee is \$20. Experienced carvers are welcome to join as well.

This is a Paint Brush - Acrylic

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try, you will never know. New class starting Monday, February 19 from 1:00-3:00 p.m. Limit 12 people for this and cost is \$25 for members and \$35 for non-members. Register at the front desk to attend this 8 week class.



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Recreational/Social Programs

BINGO

Bingo is held every Tuesday afternoon starting at 1 p.m. Bring two singles, wear your lucky socks, and show up!

Bridge

Bridge meets Wednesdays from 12:00-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@charter.net in advance to sign up.

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Join us Mondays at 12:30 p.m. to play.

Dominoes

Dominoes is a tile-based game that can be played with several players. Join us Wednesdays at 1:00 p.m. to play.

Scrabble

Test the mastery of your vocabulary and your spelling by joining our Scrabble group on Monday afternoons at 1 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!

Our first ever Sheepshead Tournament will be held on Monday, March 25 from 1-4 p.m. Limit 12 players. Entry fee \$20.

Ping Pong

Any time that we're open, you're welcome to enjoy the two tables placed alongside the walking track.

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 4:00 p.m. This program is for experienced players; if you'd like to learn, please contact Connie Vandre for information at 920-698-0708.

Puzzles

Uptown Social has puzzles available in the cabinets in the Billiards Room. You are welcome to borrow them, take them home and bring them back.

Cribbage

We have had a lot of interest in Cribbage. Cribbage will play Mondays at 1:00 p.m. in the Hospitality Room. We do have boards available if you are interested in playing any other time, just find a partner!

March's **Cribbage Tournaments** will be Monday, March 4 & 18 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Join us the fourth Monday of the month at 1:30 p.m. for book club. Every month the group reads and discusses a literary piece. March's book: *The True Story of Farm Country on Trial* by Corbin Addison. April's book is *Killers of the Flower Moon* by David Grann.

Farkle

Farkle is a fun dice game where you can choose to take risks or play it safe! Farkle is played every Monday at 1 p.m.

Recreational/Social Programs

Library

Our Library has a variety of books, DVDs and large print options. It is a lending library so please take a book and when you are done return it.

Dining Out

March's Dining Out will be at on Wednesday, March 13 at Chris & Sue's. Participation is limited to 30, you must be a member and advanced registration is required. Contact the front desk the first of the month or after to sign up! It is moved up a week due to the Savannah trip.

No One Dines Alone

Like going out to eat, but not alone? The this group is for you! March 14, we will be dining at El Rancho Viejo in Sheboygan Falls at 5 p.m. Please register to attend by calling the office at 920.459.3290. This group meets the second Thursday of every month.

Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the month from 1-2 p.m. The facilitator is Pam Hertel, MS, LCSW, LPC. The group will be held in the Activity Room of Uptown Social. There is no fee for members. Pre-registration is not required.

Grief Peer Support Group

This confidential peer support group is for those suffering due to the loss of a loved one. It is facilitated by Dorothy McElroy, certified peer support specialist of Focus Path Peer Support. This group meets from 3:15 - 4:15 p.m. on the third Wednesday of the month. **Please register to attend.**

Pool

We have two pool tables ready and waiting for you to play on! Pool is open whenever the building is.



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Special Programs

Probate Avoidance

Tuesday, March 5 at 11 a.m.

Join Emily Matthews of REMAX & Atty. Gina Ziegelbauer (a probate-avoidance expert) to learn what can go wrong with "do-it-yourself" estate planning, what happens if you are named as a Personal Representative for someone's estate, and strategies for probate avoidance, so you (and your family) can experience peace of mind.

Don't Let Vascular Issues Impact Your Quality of Life

Wednesday, March 6 at 11 a.m.

Join Third Coast Vascular as they present options available for leg issues caused by aging, diabetes or other artery and vascular diseases.

Prepare Wisely: Estate Planning Essentials

Wednesday, March 6 at 1 p.m.

This session is hosted by Cesar Lemus, CFP[®], ChFC[®], FIC. Make sure you have all your ducks in a row! This workshop reviews the considerations to make in preparing for changes that arise as we age and provides tips for starting healthy conversations with family members that can lead to positive outcomes. We will also explore how having a strategy in place can make things easier for your family after you're gone.

Tech Help

Thursday, March 7 at 11 a.m.

Mead staff will be at Uptown Social to offer free one-on-one tech support. Bring your phone, tablet or computer for help with email, navigating your device, setting up online accounts, word processing and other tech questions. Be sure to bring any passwords and cords that your device needs to work. Held 11 a.m.-noon, first Thursdays: March 7, April 4 & May 2. Call Uptown Social to schedule your 15 minute time slot, 920-459-3290

Irish Music

Friday, March 8 at 11 a.m.

Enjoy St. Patty's Day with traditional Irish music! Acoustic folk duo Liam O'Brien and Stephanie Bartel bring a range of celtic sounds, including fiddle, whistle, guitar, and vocals. Wear your dancing shoes or sit and enjoy a musical tour of Irish-style jigs, waltzes, polkas, ballads, and more.

Let's Partner to Keep Your Home Healthy & Happy

Tuesday, March 12 at 10:30 a.m.

Partners for Community Development, Inc. provides money-saving energy efficiency upgrades, critical home repairs, and accessibility modifications to qualified homes in Sheboygan County. Join Blia Vue and Bailey Firgens as they explain the ins and outs of their assistance programs, all aimed at keeping our community members in their homes, and keeping those homes safe, healthy and affordable!

Remember!

Please register to attend the programs on this page.

Special Programs

Let's Talk Brain Health

Wednesday, March 13 at 11 a.m.

Let's Talk Brain Health! Learn to Boost Your Brain Function. This is not just for those that are aging, this is for everyone!

- Maintain Your Brain Health
- Improve Brain Function
- Learn How Balance Can Signify Brain Function
- Learn which Foods Contribute to Healthy Brain Function

During this workshop, you will learn how to maintain your brain health and improve the function of your nervous system. Join Dr. John and Dr. Cooper for an engaging health workshop.

Preparing for Conversations with Health Care Providers

Wednesday, March 13 at 2 p.m.

Have you gone to a doctor's appointment and left frustrated? Or, gotten home and realized you were too overwhelmed and do not recall the details of the appointment? Mary Pitsch, the Founder of Embrace with over 28 years of experience as a Social Worker, will share helpful information about how to make future appointments more beneficial and less frustrating.

Rocks of Lake Michigan

Wednesday, March 20 11 a.m.

In about an hour, learn about the wide variety and origin of rocks on the shores of parks like Kohler-Andrae, Sheboygan or Fisher Creek, Cleveland. See how rocks can be tumbled and fashioned into jewelry, and learn the wisdom behind the statement: "we don't own rocks, we simply borrow them for a time".

Marilyn's Cooking Class

When Irish Eyes are Smiling
Friday, March 22 at 11 a.m.

Tom Wegner, County Board Supervisor will be Marilyn's sous chef for March. The menu will be Irish delicacies including potatoes and mint for that touch of green. There will be plenty of blarney! Hope you join us!



Please register to attend the programs on this page.

March

2024

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---------------------------------------|--|---|------------------------------------|--------------|
| | | | | 1 |
| 4 Creamy Potato Soup w/Fruit | 5 Meatloaf & Potatoes | 6 Cuban Sliders | 7 Tomato Soup w/ Grilled Cheese | 8 |
| 11 Pumpkin Soup w/Salad | 12 Ham & Split Pea Soup w/Salad | 13 Creme Brulee French Toast w/Fruit | 14 Reubens | 15 |
| 18 Chicken Salad Sandwich w/Salad | 19 Italian Spaghetti & Meatballs w/Garlic Bread | 20 Salad Bar | 21 Hot Ham or Turkey w/Salad | 22 |
| 25 Beef & Veggie Casserole w/Bread | 26 Beef Lasagna w/Garlic Bread | 27 Sloppy Joes w/Salad | 28 Potato Sausage Soup & Salad | 29 CLOSED |



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March

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Ceramics
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy
12:15 p.m. Ecstatic Dance

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Farkle, **This is a Paintbrush-Acrylic Cribbage Tournament**
1:30 Chair Yoga, Raging Grannies
6:00 **Open Ballroom Dance**

5 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic
11:00 a.m. **Probate Avoidance**
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving
2:30 p.m. Ecstatic Dance

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **Don't Let Vascular Issues Impact Your Life**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes, **Prepare Wisely-Estate Planning Essentials**
1:30 p.m. Square Dance

7 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Silver Sneakers Classic, Woodcarving
11:00 a.m. **Tech Help w/Mead Library**
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

8 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Ceramics
10:00 a.m. Core, **Memories in the Making**
11:00 a.m. Gentle Yoga with Kathy, **Irish Music w/Liam O'Brien**
12:15 p.m. Ecstatic Dance

March

2024

Monday

Tuesday

Wednesday

Thursday

Friday

11

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Farkle, Cribbage, This is a Paintbrush
1:30 p.m. Chair Yoga

12

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic
10:30 a.m. **Let's Keep Your Home Healthy & Happy**
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, **Positive Aging**, Woodcarving
2:30 p.m. Ecstatic Dance

13

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead, Casino Trip
9:00 a.m. Silver Sneakers BOOM Move,
10:00 a.m. Core
11:00 a.m. Yoga, **Let's Talk Brain Health, ATI injury Screenings**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance
2:00 p.m. **Preparing for Conversations w/ Providers**
5:00 p.m. **Dining Out- Chris & Sue's**

14

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Woodcarving Silver Sneakers Classic
11:00 a.m. **Reubens, Reubens, Reubens, Pi Day & Intro to Tai Chi**
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Laughter Wellness
5:00 p.m. **No One Dines Alone-El Rancho Viejo**

15

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Ceramics
10:00 a.m. Core
11:00 a.m. Gentle Yoga with Kathy,
12:15 p.m. Ecstatic Dance

18

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Farkle, This Is a Paintbrush, **Cribbage Tournament**
1:30 Chair Yoga

19

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Writing Group
2:30 p.m. Ecstatic Dance

20

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **Rocks of Lake Michigan**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes, **Mayflower Travel Show**
1:30 p.m. Square Dance
3:15 **Grief Peer Support**

21

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Woodcarving Silver Sneakers Classic
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards

22

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Ceramics
10:00 a.m. Core
11:00 a.m. Gentle Yoga with Kathy, **Marilyn's Cooking Class: When Irish Eyes Are Smiling**
12:15 p.m. Ecstatic Dance

March

2024

Monday

25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness,
 8:30 a.m. Sheepshead
 9:00 a.m. SilverSneakers BOOM Move, Crafting Hands
 10:00 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Farkle, Cribbage, This Is a Paintbrush, **Spring Break Open Game Play, Sheepshead Tournament**
 1:30 p.m. Book Club, Raging Grannies

Tuesday

26 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi,
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving,
Spring Break Card Making for Veterans
 2:30 p.m. Ecstatic Dance

Wednesday

27 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness,
 8:30 a.m. Sheepshead
 9:00 a.m. Silver Sneaker BOOM Move,
 10:00 a.m. Core
 11:00 a.m. Yoga, **ATI Injury Screenings**
 11:30 a.m. Lunch, **Spring Break Make Your Own Pizza**
 12:00 p.m. Bridge
 1:00 p.m. Dominoes;
Spring Break Bingo
 1:30 p.m. Square Dance

Thursday

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg, Line Dance
 10:00 a.m. Woodcarving
 SilverSneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, **Spring Break Fitness Fun with Josh**

Friday

CLOSED



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SATURDAY, APRIL 6
10 AM-2 PM

UPTOWN SOCIAL
 1817 N. 8TH ST. | SHEBOYGAN

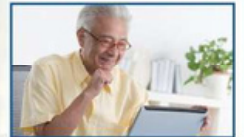
Uptown Social

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suspicious claims or activities



Call us with questions about billing errors, scams and medical identity theft

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

Ballroom Dance Nights

The first Monday of the month from 6-8:00 p.m. will be Ballroom Dance Night at Uptown Social.

The evening will include ballroom dance sets, exhibitions and line dance teach.

Cost \$6 for Members
 \$10 for Guests

Dates: March 4, April 1, May 6, September 9, October 10, November 4 & Christmas Dance December 2

Uptown Social 1817 N. 8th St. Sheboygan

CELEBRATE
St. Patrick's Day

Uptown Social is serving up Reubens & Irish Potatoes on Thursday, March 14
 11:00 a.m. to 1:00 p.m.
 \$12 Member/\$15 General Public

Purchase your tickets at Uptown Social. Orders must be placed & paid for by March 7.

PIE BAKERS

CALLING ALL

THURSDAY MARCH 14

IF YOU LOVE TO BAKE AND POSSESS THAT WONDERFUL, GIVING HEART... UPTOWN SOCIAL IS LOOKING FOR PEOPLE TO DONATE PIES FOR US TO SELL!

JUST A LITTLE WAY TO BRING IN SOME FUNDS FOR THE GYM AND CELEBRATE 3.14 BEING NATIONAL PI DAY! SIGN UP AT THE FRONT DESK.

Travel with US



BREWER BUS TRIP

VS

PITTSBURGH PIRATES BASEBALL

SINCE 1887

THURSDAY, JULY 11
1:10 P.M.
MEIJER PICK-UP 9:30 A.M.
RETURN 6 P.M.



\$90 MEMBERS
\$100 NON-MEMBERS

Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.
Call Uptown Social at 920.459.3290 to reserve your spot!



ALL HANDS ON DECK!


Your neighbors need you.

Fresh Meals On Wheels seeks kind-hearted volunteers to deliver food to people in our community.

Contact us today to get started!

920-451-7011

volunteers@freshmealsonwheels.org



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REVOLUTIONARY FILM COMES TO LIFE

TRUTH | BEAUTY | FREEDOM | LOVE

MOULIN ROUGE!

THE MUSICAL

\$170 Members
\$180 Guests

Saturday, June 22, 2024
Depart Meijer's 9:30 a.m.
Show 2:00 p.m.
Return Meijer's 6:30 p.m.

FOX VALLEY PAC- APPLETON

PRICE INCLUDES:

- Coach bus transportation
- Driver tip
- Admission to show

Lunch on your own in downtown Appleton.

RESERVE YOUR SPOT BY CALLING UPTOWN SOCIAL AT 920-459-3290.

POTAWATOMI CASINO DAY TRIP

MARCH 13TH, 2024



MEIJER PICK UP- 8:30 AM
POTAWATOMI- 9:45 AM

LUNCH ON YOUR OWN IN THE CASINO

LEAVE FOR HOME- 3:00PM

PLEASE BRING VALID ID ON THE TRIP IN ORDER TO RECEIVE \$10 VOUCHER FOR LUNCH AND \$10 VOUCHER FOR REWARD PLAY

POTAWATOMI CASINO | HOTEL MILWAUKEE

MEMBER \$60
GUEST \$70

REGISTER WITH UPTOWN SOCIAL AT 920-459-3290

Travel with US

Mayflower Travel Show Wednesday, March 20 at 1 p.m.



Galena II
August 28-29, 2024

920-459-3290
UPTOWNSOCIAL.ORG

Uptown Social



Classic Italy by Rail October 14 - 23, 2024
with Mayflower Cruises & Tours



Cultural Cuba February 27-March 5, 2025
with Mayflower Cruises & Tours



National Parks of the Southwest
June 22- 30, 2025
with Mayflower Cruises & Tours



British Isles
September 4- 15, 2025
with Mayflower Cruises & Tours

Visit uptownsocal.org for more information.



Uptown Social

1817 N. 8th Street
Sheboygan, WI 53081

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